



**For Active
Adults 50 +**

309 West Sealy
Alvin, TX 77511
281-388-4298
www.alvin-tx.gov

Office Hours:
Monday - Friday
7:30 am - 4:30 pm

Register Online
at
[www.booking.ca/
bkalvinrecreationpub](http://www.booking.ca/bkalvinrecreationpub)
or by visiting our website at
www.alvin-tx.gov.
Click on the Senior Center tab to
the right and follow the register
online link.

Please call the office
for assistance.

Holiday Closure:

Good Friday
April 15, 2022



Alvin Senior Center

MARCH & APRIL 2022

SPRING IS HERE...

Let the flowers bloom and the sun
shine, we are ready to get out and
have fun! Grab your planner and
head to the porch with a glass of
sweet tea, you're going to want to
write down all the fun,
interesting & exciting things you are
going to be doing for the next two
months! From the Bingo Socials,
Book Club, Crochet Class,
Lunch Bunches with Friends to a
trip to the Coastal Prairie Quilt
Guild of Texas, there is something
to do for everyone!

Reserve your spot & sign up with
Rene or Marla today!



Code of Conduct Policy

Purpose

The Alvin Senior Center provides a safe, friendly, and welcoming environment for seniors to participate in activities, enjoy fellowship and engage in lifelong learning opportunities. For the safety and benefit of all participants, the following Code of Conduct Policy shall be observed.

Policy

Participants in Alvin Senior Center Activities shall:

- Treat other participants and staff respectfully and courteously.
- Treat others in the same manner you would like to be treated.

Behavior that constitutes violation of this Policy includes, but is not limited to:

- Loud, disruptive, obscene, hateful, or abusive language.
- Making threats or demonstrating threatening behavior, verbally or in writing, to participants or staff.
- Violation of smoking ordinances.
- Defacing or destroying any city property.
- Activities that negatively affect the health of others.
- Racial, religious, or sexual harassment of participants or staff.
- Physical altercations with participants or staff.
- Removal of city property without permission.
- Participating in activities while under the adverse influence of alcohol or drugs.
- Committing or attempting to commit any activity that would constitute a violation of any federal, state, or local criminal statute or ordinance.
- Other behavior that is deemed inappropriate by the Senior Center Manager or their designee.

Consequences of Policy Violation

Violation (s) of this policy may result in the suspension of participant (s) from Senior Center activities.

The Senior Center Manager is responsible for ensuring that this policy is maintained. Any questions or comments concerning this policy should contact the Director of Parks and Recreation.

Also, please note: The Alvin Senior Center programs are for senior citizens who are independent and can care for their own personal needs. Seniors are welcome to bring an attendant or care giver with them in order to enjoy our services and programs.

spring *forward*

SUNDAY, MARCH 13



8 THINGS TO DO ON WHEN YOU SET YOUR CLOCKS FORWARD

1. Replace the batteries in your smoke detector & carbon monoxide detector.

Making sure to replace & test these devices twice a year can mean the difference between life & death. Buddy up with a friend for hard to reach places & be careful!

2. Reverse the direction of your ceiling fan.

In the Spring fan blades should rotate counter clockwise to help cool down rooms. This can help save costs on cooling too!

3. Rotate your mattress to help promote even wear & tear.

4. Schedule a furnace inspection.

5. If you have a fireplace, schedule a chimney sweep.

This can prevent chemical buildup and possibly a fire.

CARDS & GAMES

DONUTS & DOMINO'S - 42 & 81

Enjoy a fresh donut, coffee and 42 & 81 dominos!

WHEN: Wednesdays
TIME: 8:30 AM - 12 PM, Board Rm
COST: FREE



42 & 81 DOMINO'S

Join us for 42 & 81 domino's. Friendly folks & lots of fun!

WHEN: Mondays & Fridays
TIME: 11 AM - 4:30 PM, Board Rm
COST: FREE

TRAIN DOMINO'S

Have a blast playing domino train! Beginners welcome!

WHEN: 2nd & 4th Friday of ea. Month
TIME: 1 - 5 PM, Craft Rm
COST: FREE

MAH-JONG

Do you know how to "Mah-jong"? Come see what all the excitement is about and learn this fun and challenging game.

WHEN: Wednesdays
TIME: 1 - 4:30 PM, Board Rm
COST: FREE

EXERCISE & WELLNESS

SILVER SNEAKERS

Have fun & move to the music through a variety of exercises designed to increase muscle strength, range of movement & activities of daily living.

WHEN: Tuesday & Thursday
TIME: 11:00 AM - 12:00 PM
COST: \$15.00 Per Session



EXERCISE & WELLNESS cont.

THE JOY WALKERS WALKING CLUB

Join Kathy in walking your way to a healthier lifestyle! They are having fun walking miles with smiles!

WHEN: Monday - Friday
TIME: 7:30 - 9:30 AM
COST: FREE



BEGINNING TAI CHI

Join Kathy, for a beginners introduction to a Chinese-based form of martial arts exercise. Slow, controlled movements. & low impact.

WHEN: Monday, Wednesday & Friday
TIME: 8:30 AM - 9:30 AM
COST: FREE

AFTERNOON TAI CHI - COMING SOON

Chinese-based form of martial arts. Slow, controlled movements all low impact proven to improve balance.

WHEN: Mondays & Wednesdays
TIME: 11:00 AM - 1:00 PM
COST: FREE

SENIOR FITNESS

Get moving to this low-impact exercise class. So much fun you won't know it's good for you!

DATE: Monday, Wednesday & Friday
TIME: 9:30 - 10:30 AM
COST: FREE



BODY RECALL

Fun and Fitness! Join Betty in this high energy exercise class that helps your with mobility & flexibility.

WHEN: Monday, Wednesday & Friday
TIME: 1 - 2 PM
COST: FREE

T.O.P.S

Join Patsy Fleck & her group to learn how to "Take Off Pounds Sensibly". Stay fit & healthy the right way.

WHEN: Tuesdays
TIME: 6:00 - 7:15 PM
COST: \$32.00 Annually
Please pay coordinator directly

New Members Welcome!

CRAFTS & HOBBIES

CROCHETING

Join Grace in the craft room for Crochet Class! Whether you are a beginner or just want to join a great group to crochet with, this is the crochet group for you!

WHEN: Thursdays
TIME: 1 - 3 PM, Craft Room
COST: Your Materials Per Instructor

QUILTING CLASS

Join Sue Driskill every Monday for quilting class. An expert quilter that can teach beginning to expert! All levels welcome!

WHEN: Mondays
TIME: 6 - 8 PM, East End
COST: Your Materials Per Instructor



QUILTING BEE

Join Sue and the quilting gang for Friday night quilting fun!

WHEN: Every Friday
TIME: 5 - 9:30 PM, East End
COST: Your Materials, See Instructor

OIL PAINTING & WATERCOLOR

Join Beverly Kimbrough in painting class. She will guide you straight into your next masterpiece! All skill levels are welcome!

WHEN: Wednesdays
TIME: 1 - 3 PM, Craft Room
COST: Your Materials, See Instructor

THE RAT PACK BOOK CLUB

WHEN: 2nd Wednesday of each Month
TIME: 10 AM - 12 PM, Craft Room
COST: Your Book

MARCH BOOK: Talking to Strangers

AUTHOR: Malcolm Gladwell

APRIL BOOK: The Four Winds

AUTHOR: Kristin Hannah

CRAFTS & HOBBIES

CRAFTY CORNER

Let's get crafty! Join Rene for a paint-on-canvas, craft class. Your finished art piece will look like stained glass.

WHEN: Tuesday, March 29
TIME: 11:00 AM - 12:00 PM
COST: \$5.00 Craft Supplies
LOCATION: West End

LEARN TO PLAY A RECORDER

Join Pat & Sharon as they teach you the fundamentals of playing this socially fun and entertaining musical instrument.

WHEN: Tuesdays
TIME: 10:30AM - 11:30AM, Craft Rm
COST: Free

JAM SESSION NIGHT

If you play a musical instrument, sing or simply enjoy listening to a good, raw musical sound, join us as we jam out to our musical favorites! We play bluegrass, country & gospel! There is sure to be something you'll like!

WHEN: Tuesdays
TIME: 5:30 - 8:30 PM, West End
COST: Free

BLACK HAT KARAOKE

Do you like to sing and have fun? We are having a great time on Thursday nights! All we need is you!

WHEN: Thursdays , West End
TIME: 5:00 - 9:00 PM
COST: Free



March Trips & Events

Pre-Registration Required

SHAKE, RATTLE AND ROLL

Join us for "Shake, Rattle & Roll"! A national & locally recognized 50's & 60's Tribute Show Group who will make you stop, drop & roll with laughter as they take you back in time of innocence with their beautiful harmony, choreographed moves, comedy & hula-hooping skills!

Date: Saturday, March 5

Leaving the Center at 4:45PM

Cost: \$15.00 Ticket in Advance,

Location: Brazoria

MOVIE TUESDAY

Movie Tuesday is back and we're ready for some popcorn and film entertainment! Join us for a new release movie with friends!

Date: Tuesday, March 8

Time: TBA on March 3

Movie: TBA on March 3

Cost: \$5.75 Ticket at the Door

Location: Webster, Cinemark 18

BURGERS & BINGO

We've been having so much fun at breakfast, we're bringing a round two with burgers. Join us for lunch, fun & BINGO!

Date: Wednesday, March 9

Time: 11:00 AM Burgers Served

Cost: \$4.00

Location: Senior Center / West Side

PATSY CLINE & DIANA'S

Join us for a night on the Alvin town starting with some hometown cooking at Diana's then a theatre production at the ACC Theatre featuring Patsy Cline.

Average Meal \$12.00

Date: Thursday, March 10

Leaving the Center at 4:45PM

Cost: \$7.00 Ticket in Advance,

Dinner on Your Own

LUCKY LEPRECHAUN POTLUCK

A wee bit of malarkey, lots of green cheer, make no mistake you'll want to be here! Fix up a green or an Irish dish to share and join us for a St. Patrick's Day lunch. Don't forget to wear your lucky green!

Date: Thursday, March 17

Time: 11:30 AM

Cost: A Green or Irish Food Dish to Share

Location: Senior Center/Westside

HEMI HIDEOUT & LUNCH at ALICIA'S MEXICAN GRILLE

A memorable one-of-a-kind experience! Tour this 54- foot high museum packed with 24 of the most desirable, fully restored MOPAR muscle cars of the 60's & 70's & over 600 vintage porcelain and neon signs! A sight to behold! After the tour you will be headed to lunch at a delicious Mexican restaurant!

Average Lunch \$13.50

Date: Thursday, March 23

Leaving the Center at: 8:00 AM

Cost: \$10 Cash Entry Fee Paid Directly to Driver and Lunch on Your Own

Location: Brookshire

BREAKFAST & BINGO

Enjoy a fresh breakfast and some fun and friendly BINGO with friends.

Date: Monday, March 28

Time: 9:00 AM

Cost: \$3.00

THE BURGER JOINT

Sink your teeth into handcrafted burgers made with mouth-watering 100% angus beef and sip on a specialty milkshake all while dining patio style at this popular spot

Average Meal \$14.99

Date: Wednesday, March 30

Leaving at Center at 10:30 AM

Cost: Lunch on Your Own

Location: Friendswood

The deadline to register for events where a meal will be served is 2 days prior to event for proper headcount. No exceptions will be made. Thank you for your understanding.

April Trips & Events

Pre-Registration Required

BREAKFAST & BINGO

Enjoy a fresh breakfast and some fun and friendly bingo with friends.

Date: Tuesday, April 5

Time: 9:00 AM Breakfast Served

9:30 AM - 10:30 AM Bingo Cost: \$3.00

NATIONAL CARAMEL POPCORN DAY

Help us celebrate this sweet & salty day with some caramel popcorn with friends!

Date: Wednesday, April 6

Time: 10:00 AM

Cost: Free

Location: Senior Center / West End

T-BONE TOM'S

Deep fried eats rule the roost at this down-home hub for Southern fare such as steak, BBQ & burgers. A delicious menu where everything is handmade daily! Average Meal \$17.99

Date: Wednesday, April 6

Leaving at Center at 10:00 AM

Cost: No Fuel Fee, Lunch on Your Own

Location: Galveston

MOVIE TUESDAY

Movie Tuesday is back and we're ready for some popcorn and film entertainment! Join us for a new release movie with friends!

Date: Tuesday, April 12

Time: TBA on April 7

Movie: TBA on April 7

Cost: \$5.75 Ticket at the Door

Location: Webster, Cinemark 18

EASTER LUNCH & BASKET DECORATING CONTEST

Happy Easter Friends! We are having our first Easter lunch and celebrating with a friendly basket decorating contest. Pick up your basket kits Mon, April 11, Have FUN & be creative! Judging at 12:00pm.

Date: Thursday, April 14

Time: 11:30 AM

Cost: \$5.00 Lunch

SMITHHEART'S TEXAS GRILL

Enjoy a juicy steak, chicken fried steak or a helping heaping of seafood, this menu has a little something for everyone! Comfort food at it's finest at this local favorite.

Average Meal \$13.95

Date: Tuesday, April 19

Leaving at Center at 10:30 AM

Cost: Lunch on Your Own

Location: Angleton

BURGERS & BINGO

We've been having so much fun at breakfast, we're bringing a round two with burgers. Join us for lunch, fun and of course, BINGO!

Date: Tuesday, April 26

Time: 11:00 AM Burgers Served

11:30 AM - 12:30 PM Bingo

Cost: \$4.00

INTO AMERICA'S WILD - HMNS IMAX & LUNCH at GOLDEN CORRAL

"Into America's Wild explores the transformative power of nature in a sweeping ultra-high-definition, cross-country look at America's deserts, mountains, backcountry, and the people who live there."

Date: Thursday, April 28

Leaving at Center at 9:45 AM

Cost: \$10.00

Location: Houston Museum of Natural Science Golden Corral, Pearland

COASTAL PRARIE QUILT GUILD of TEXAS

For the LOVE of quilting! Join us for this 2022 Quilt Showcase at the Fort Bend County Fairgrounds. Enjoy local vendors, food and mesmerizing quilts for sale. Comfortable shoes and clothing recommended. Outdoor event.

Date: Friday, April 29

Leaving at Center at 9:00 AM

Pick up time is 3:30PM. Please be at drop off location in a timely manner. Thank you.

Cost: \$10.00 at the Door

Location: Rosenberg

The deadline to register for events where a meal will be served is 2 days prior to event for proper headcount. No exceptions will be made. Thank you for your understanding.

ALVIN SENIOR CENTER DAILY ACTIVITY CALENDAR

MARCH 2022

senior board meeting

Monday, Mar. 14TH 9:00am west end



Sun	Mon	Tue	Wed	Thu	Fri	Sat	S
CLOSED	7:30am - 4:30pm	7:30am - 4:30pm	7:30am - 4:30pm	7:30am - 4:30pm	7:30am - 4:30pm	CLOSED	CL
		7:30AM JOY Walkers 8:30AM Beginning Tai Chi 10:30AM Recorder Class 11:00AM Silver Sneakers 5:30PM Jam Session 6:00PM T.O.P.S.	7:30AM JOY Walkers 8:00AM Donuts & Dominos 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 1:00PM Body Recall Fitness 1:00PM Painting Class 1:00PM Mahjongg	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 11:00AM Silver Sneakers 1:00PM Crochet 5:00PM Black Hat Karaoke	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 5:00PM Quilting Bee	TRIP 4:45PM SHAKE RATTLE AND ROLL 	
6 	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 6:00PM Beginning Quilting	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 10:30AM Recorder Class 11:00AM Silver Sneakers 5:30PM Jam Session 6:00PM T.O.P.S. TRIP MOVIE TUESDAY	7:30AM JOY Walkers 8:00am Donuts & Dominos 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 10:00AM RATPackBook Club 1:00PM Body Recall Fitness 1:00PM Painting Class 1:00PM Mahjongg EVENT 11:00AM Burgers and Bingo	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 11:00AM Silver Sneakers 1:00PM Crochet 5:00PM Black Hat Karaoke TRIP 4:45PM PATSY CLINE & DIANA'S	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 5:00PM Quilting Bee		
13 	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 6:00PM Beginning Quilting REMINDER 9:00am Senior Board Meeting	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 10:30AM Recorder Class 11:00AM Silver Sneakers 5:30PM Jam Session 6:00PM T.O.P.S.	7:30AM JOY Walkers 8:00AM Donuts & Dominos 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 1:00PM Body Recall Fitness 1:00PM Painting Class 1:00PM Mahjongg	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 11:00AM Silver Sneakers 1:00PM Crochet 5:00PM Black Hat Karaoke EVENT 11:30AM LUCKY LEPRECHAUN POTLUCK	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 5:00PM Quilting Bee		
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27 	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 11:00AM 42 Dominos 1:00PM Body Recall Fitness 6:00PM Beginning Quilting EVENT 9:00AM Breakfast and Bingo	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 10:30AM Recorder Class 11:00AM Silver Sneakers 11:00AM Crafty Corner (new) 5:30PM Jam Session 6:00PM T.O.P.S.	7:30AM JOY Walkers 8:00AM Donuts & Dominos 8:30AM Beginning Tai Chi 9:30AM Senior Exercise 1:00PM Body Recall Fitness 1:00PM Painting Class 1:00PM Mahjongg TRIP 10:30AM THE BURGER JOINT	7:30AM JOY Walkers 8:30AM Beginning Tai Chi 11:00AM Silver Sneakers 1:00PM Crochet 5:00PM Black Hat Karaoke			

**ALL PROGRAMS, TRIPS AND EVENTS
REQUIRE PRE-REGISTRATION**

ALVIN SENIOR CENTER DAILY ACTIVITY CALENDAR APRIL 2022

senior board meeting

Monday, APR. 11TH 9:00am WEST end



Sun CLOSED	Mon 7:30am - 4:30pm	Tue 7:30am - 4:30pm	Wed 7:30am - 4:30pm	Thu 7:30am - 4:30pm	Fri 7:30am - 4:30pm	Sat CLOSED
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STAFF

Marla Grigsby
Senior Center Manager

Rene Valdez
Senior Recreation Specialist

Ron Shepherd
Senior Center Attendant



SENIOR ADVISORY BOARD

John Burkey
President

Ron Shepherd
Vice President

Marie Hodges
Secretary

Roger Stuksa
Board Member

Dorci Hill
Historian

Randy Race
Board Member

Jancy Altus
Board Member

MAYOR and CITY COUNCIL

Paul Horn
Mayor

Keko Moore
At Large 1

Joel Castro
At Large 2, Mayor Pro Tem

Martin Vela
District A

Chris Vaughn
District B

Richard Garivey
District C

Glenn Starkey
District D

Gabe Adame
District E

Hey there! Did you know you can sign up for all of the events and activities at the Alvin Senior Center online? That's right! No waiting in line and all from the comfort of your home. It's easy.

Type in **www.booking.ca/bkalvinrecreationpub**
on your computer and there you are. Ready to register!

